

2024 Evening Class Schedule

UMC Family Birth Center Childbirth Education Class Schedule

Register at UMCHEALTHSYSTEM.COM

The Maternity and Newborn classes tab

Or email Melissa.perez@umchealthsystem.com or call Melissa at 806. 775. 8234.

Classes are Free and available to UMC patients only

Class is limited to 12 couples

Childbirth 101 Series is designed to meet the needs of first time parents wanting a complete series. This series covers the anatomy of childbirth, labor terms, stages of labor, pain management, when to come to hospital and much more. We will spend the last half hour practicing relaxation and breathing techniques. A hospital tour is included if time allows. We use Understanding Birth Guide as a teaching tool for this series.

This series is 4 weeks long, held on Monday evenings from 7-9pm.

January 8 th – 29 th	July 8 th – 29 th
February 5 th – 26 th h	August 5 th – 26 th
March 4 th -25 th	September 9 th – 30 th
April 8 th – 29 th	October 7 th – 28 th
May 6 th – 27 th	November 4 th – 25 th
June 3 rd – 24 th	December 2 nd – 16 th (3 week series)

Natural Childbirth/Non- medicated births is designed for parents who are strongly considering natural non-medicated childbirth. The class is an open discussion on how to mentally, physically and emotionally prepare for a non-medicated birth. The class is taught by the UMC doula staff.

The class meets on the following dates from 7-9pm

Tuesday, January 23 rd	Tuesday, September 24 th
Tuesday, April 23 rd	Tuesday, November 12 th
Tuesday, July 23 rd	

Relaxation & Breathing is two hours of relaxation & breathing techniques. Learn how to use breathing techniques to increase comfort and facilitate labor. This class is especially important if you are planning a natural non-medicated birth. The class is taught by the UMC doula staff.

This class meets on the following days from 7-9pm.

Thursday, January 25 th	Thursday, September 26 th
Thursday, April 25 th	Tuesday, November 19 th
Tuesday, July 30 th	

Breastfeeding Class is designed for parents interested in breastfeeding. Education includes benefits of breastfeeding, what to expect on day 1 and day 2, positioning & latch, and myths about breastfeeding and the importance of skin to skin. The class is taught by the UMC lactation educators.

The class meets the 1st Thursday of each month from 7-9pm

January 4 th	April 4 th	July 11 th (second Thursday)	October 3 rd
February 1 st	May 2 nd	August 1st	November 7 th
March 7 th	June 6 th	September 5 th	December 5 th

Baby Care Basics is a newborn/infant care 2-part class series. The topics discussed; the first 24 hours, the importance of skin to skin, changing diapers, bathing, car seat safety, baby wearing, choosing a pediatrician, child proofing, pet safety and many more topics. This class is filled with great helpful tips and information in caring for your newborn.

It meets two Thursdays from 7-9pm.

January 11 th & 18 th	July 18 th & 25 th
February 8 th & 15 th	August 8 th & 15 th
March 21 st & 28 th	September 12 th & 19 th
April 11 th & 18 th	October 10 & 17 th
May 16 th & 23 rd	November 14 th & 21 st
June 20 th & 27 th	No December series

Miscellaneous Information

Register at UMCHEALTHSYSTEM.COM - look for the Maternity and Newborn classes tab

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Classes are Free and available to UMC patients only

Class size is limited, so please register early.

A few days before class starts, you will get a reminder email with the class information

Thank you for choosing UMC